

Outcome Clarification



1. What do you want?

- a. Stated in positive terms.
- b. Initiated and controlled by self.

2. How will you know when you have it?

- a. Sensory-specific evidence - What will you See, Hear, & Feel?

3. Where, when, with whom do you want your outcome?

4. What will having this outcome do for you?

5. How will having this outcome impact other aspects of your life?

Plus + & Minus -

6. What resources do you already have that will contribute to you getting your outcome?

7. What additional resources do you need in order to get to your outcome?

8. First 2 steps: How are you going to get there?